



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 3

WEEK OF OCTOBER 24TH -28TH



TIMES	MONDAY 10/24	TUESDAY 10/25	WEDNESDAY 10/26	THURSDAY 10/27	FRIDAY 10/28	
7:30	BSX Activities 7:00AM-8:45AM					
8:00						
8:30						
9:00	Snack	Snack	Snack	Snack	Monster Mash Day (see flyer at the front desk for more info.)	
9:30	Gym Game : Nascar	P/U @ 9:30	Gym: Spiderball	P/U @ 9:30		
10:00		Museum of Natural Science 9:30-12:00	Art Project Monster Bags	Adventure Landing 9:30-12:00		
10:30	Class Activity					
11:00			Computers			
11:30	Lunch					
12:00	Quiet Time Activities	Return @ 12:30	Quiet Time Activities	Return @ 12:30		
1:00	Gym Game: Handball	Lunch	Classroom Activities: Lose your Letters	Lunch		
1:30		Quiet Time Activities		Quiet Time Activities		
2:00	Classroom Activities: Concentration	Gym Activities: Counselors Choice	Gym Game: Fire, Thunder Lightning	Art Project Tissue paper Candy Corn		
2:30						
3:00	Outside Activities: Capture the Flag	Board Games & Creative Play	Classroom Activities: Musical Spots	Board Games & Creative Play		
3:30						
4:00-6:30	ASX Activities					



Fieldtrip



Special Program/Movie



Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 3
WEEK OF OCTOBER 31ST – NOVEMBER 4TH



TIMES	MONDAY 10/31	TUESDAY 11/1	WEDNESDAY 11/2	THURSDAY 11/3	FRIDAY 11/4
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Classroom Act: Coloring Sheet	Snack	P/U @ 8:30 ↑	Snack	Snack
9:30	Snack	Gym Game: Mat Ball	Hillridge Farms 9:30-11:30	Gym Game: Cross Fire	Class Act:
10:00	Gym Game: Goat Kick			<u>Art Project</u> Tissue Paper Fall Leaves	<u>Art Project</u> Fall Picture Frames
10:30		Classroom Act: Bingo			
11:00	P/U @ 11:30			Classroom Act: Charades	Lunch
11:30	Bisque Art 12:00-1:00	Lunch		Return @ 12:30	Quiet Time Activities
12:00		Quiet Time Activities	Outside Activities : Freeze Tag		<u>Art Project</u> Fall Pictures
12:30		Computers	Lunch	Classroom Activities: Limbo	
1:00			Return @ 1:30		Quiet Time Activities
1:30	Lunch	Gym Game: Hockey	Gym Game: Cone Dodgeball	Classroom Activities: Limbo	Computers
2:00	Quiet Time Activities				
2:30	Outside Activities Sidewalk Chalk	ASX Activities			
3:00	3:30				
4:00	4:30-6:00				



Fieldtrip



Special Program/Movie



Art/Cooking Project



BARWELL TRACK OUT X-PRESS PROGRAM- TRACK 3

WEEK OF NOVEMBER 7TH -11TH



TIMES	MONDAY 11/7	TUESDAY 11/8	WEDNESDAY 11/9	THURSDAY 11/10	FRIDAY 11/11
7:30	BSX Activities 7:00AM-8:45AM				
8:00					
8:30					
9:00	Snack	Snack	Snack	Snack	H O L I D A Y



Fieldtrip



Special Program/Movie



Art/Cooking Project

Barwell Road Track Out

Track 3— Week 1



Welcome back to Track Out! Please remember to wear appropriate clothing for all outside activities.

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

NC Museum of Natural Science- From sea life to dinosaurs, we will explore the exhibits at the museum. Special presentations may be offered during the times that we visit. 11 W. Jones St., Raleigh 27601 (919) 773-7450

Adventure Landing - Participants will receive tokens for the arcade and will play one event at Adventure Landing. Extra money for snacks or more tokens is optional. 3311 Capital Blvd., Raleigh, NC 27604 (919) 872-1688

For more information regarding our “Monster Mash” day, please see the front desk flyer, or ask any track out staff.

Since we are licensed facility, please remember the following regarding your child:

- They need to wash their hands upon arrival
 - They will be served milk at lunch
 - If they wish to lie down at quiet time, they need to bring a blanket to lay on.

Please remember to send 2 snacks from two food groups, and a lunch with your child each day. Also, upon picking up your child, a security key tag must be shown prior to the release of your child.



Barwell Track Out X-Press: (919) 329-5994
Director : Carmen Myles/ Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 3– Week 2



Welcome to Track Out!

Please make note of our art and cooking projects for this week. Inform the staff if your child has any allergies.

Field Trips & More!

Bisque Art - Participants will use their imagination and creativity at Bisque Art to paint their very own ceramics. Ceramics will be held at the store for firing and will be returned to our Track Out site on Friday for pick up upon your child's departure. 7440 Six Forks Rd, Raleigh, NC 27615 (919) 870-9377

Hillridge Farms – Participants will have the opportunity to visit many attractions at Hillridge Farms including a hay ride, giant slide, fish pond, farm animal corral and more! Participants will also pick out a pumpkin from the pumpkin patch! Additional money for the gift shop is optional. We will be outside for most of our trip. Please wear cool clothing, sunscreen and bring a water bottle. 703 Tarboro Rd, Youngsville, NC 27596 (919) 556-1771

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Director : Carmen Myles; Assistant Director: Calvin Mitchell

Barwell Road Track Out

Track 3— Week 3



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Field Trips & More!

AMF Pleasant Valley Bowling- We're going bowling! Please remember to wear socks! Additional money for concessions is optional. 5501 Commercial Ave., Raleigh NC 27612 (919) 783-0080

Big E Bounce- Participants will enjoy inflatable rides AND big screen gaming systems all in one place! Socks are required to play on the inflatable rides. 1006 SW Maynard Road, Cary, NC 27511. (919) 469-2273

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